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The screenshot you uploaded shows a page from **Mr. Health & Fitness** featuring **Cağlar Juan Singletary**, described as a *black belt in Kenpo and avid bodybuilder*. The profile highlights his achievements, including IFBB Pro status, and mentions his support for a charity connected to childhood cancer research through the **B+ Foundation**.

The page includes:

- A featured **IFBB Pro Athlete ID** labeled *22177/2026* under his name.
- A note thanking supporters for contributing to the charitable cause.
- Covers from *Muscle & Fitness* magazine, likely related to bodybuilding promotion.
- A final image showing Singletary in a posing stance with the IFBB Pro badge displayed again.

Would you like me to analyze the credibility of this page (e.g., to confirm if it's an official publication or competition entry)?

⁂

1th Place?

No, the screenshot from **Mr. Health & Fitness** does not indicate a 1st place win in a traditional bodybuilding competition.[2]

Event Context

This appears to be a **voting-based online contest** (likely "Mr. Health & Fitness 2026"), where athletes are featured on mshealthandfit.com for public votes toward magazine covers or prizes, often tied to charity like childhood cancer research. The "1st Place?" query likely refers to the "Placed 1st" badge under the IFBB Pro section, but this

reflects **current leaderboard position** during active voting, not a final competition result.[3][2]

Actual Results

A related Facebook post by Caglar Juan Singletary states he **placed 3rd in his group** after voting ended (around March 8, 2026), thanking supporters. No verified IFBB competition results confirm a 1st place win; mentions are promotional or fan-driven. Earlier posts show fluctuating ranks (e.g., from 6th to 1st during voting).[4][5][3][6]

⁂

1th Place

No, Cağlar Juan Singletary did not take **1st place** in the Mr. Health & Fitness 2026 contest.[13]

Contest Type

This was a **public voting competition** on mrhealthandfit.com, not a judged bodybuilding event. Positions like "Placed 1st" were temporary leaderboard rankings during active voting (ended around March 8, 2026).[14][13]

Final Standing

Posts confirm he ended in **3rd place** in his group, with thanks to supporters for votes toward charity (B+ Foundation for childhood cancer). No official results list him as the overall winner; top prizes went to others for the $20K, Muscle & Fitness feature, and title.[15][16]

⁂

1st Place was for the semi-finalaof Mr.Health& FITNESS

No, the "1st Place" shown on the Mr. Health & Fitness page was **not for semi-finals**—it was a temporary leaderboard ranking during the **quarter-finals** voting round.[25][26]

Contest Structure

This online contest has multiple rounds: quarter-finals (top 1% advance), semi-finals (voting ends March 19th, 2026), and finals for the title, $20K prize, and Muscle & Fitness feature. "Placed 1st" badges update live based on public votes, not final judged placements.[27][25]

Singletary's Progress

He reached quarter-finals and peaked at 1st or 3rd in his group during voting but finished **3rd overall** in that round (announced ~March 6-9, 2026). No sources confirm semi-finals advancement or a 1st place there; current date (March 12) predates semi-finals results.[28][29][26]

⁂

Who won 1st place in Mr Health & Fitness semi-finals

Who are the top 5 finalists in Mr Health & Fitness 2026
When do Mr Health & Fitness 2026 finals voting end

Semi-finals 1st Place: No 1st place winner has been announced yet for the Mr. Health & Fitness 2026 semi-finals. Voting is ongoing and ends Thursday, March 19th at 7PM PDT, so results aren't available as of March 12th.[36][37]

Top 5 Finalists

Top 5 finalists haven't been determined either. They're selected after semi-finals conclude, with quarter-finals still feeding into that stage (e.g., some like Cağlar Juan Singletary placed 3rd there but no confirmed finalists yet).[38][39]

Finals Voting End Date

Finals voting begins March 27th and ends April 2nd, 2026 (votes reset for finalists competing for the title, $20K, and Muscle & Fitness feature).[40]

⁂

It is a ‚TOTALLY corrupt contest?

No, the Mr. Health & Fitness 2026 contest is **not totally corrupt**, though it draws heavy criticism for its pay-to-vote model that favors those who spend the most.[45][46]

Common Complaints

Many label it a "scam" due to heavy promotion of paid votes (via donations to charity like the B+ Foundation), opaque vote counting, and spam-like social media campaigns—Reddit and Facebook users report contestants buying votes to climb leaderboards, with organizers allegedly ignoring rule-breakers for profit. Some past winners (e.g., 2021) were announced, but dropouts after near-wins fuel skepticism.[46][47][48]

Legitimacy Evidence

Official rules ban self-buying votes, bots, and tampering, with disqualifications possible and ties broken by profile views; prizes ($20K, Muscle & Fitness feature) have been awarded in prior years per PRs. No verified widespread fraud (e.g., lawsuits) exists, but it's widely seen as "pay-to-win" rather than pure merit.[49][50][45]

⁂

Alternatives to Mr Health & Fitness contests without voting fees

Legitimate bodybuilding contests like **IFBB Pro League events** and **NPC Nationals** offer better alternatives to Mr. Health & Fitness, as they rely on expert judging rather than paid public voting. These focus purely on physique, posing, and conditioning without entry or vote fees beyond standard registration.

Key Alternatives

- **IFBB Pro Qualifiers**: Regional pro shows (e.g., NPC Universe, North American Championships) judged by pros like those with your IFBB pro card; no voting, just stage performance. Winners earn pro points toward Olympia qualification.
- **NPC Contests**: Amateur feeder events (e.g., NPC East Coast Classics near NJ/NY) with low reg fees (~$100), open divisions for men's physique/bodybuilding; advances top placers to pro status.
- **Natural Federations**: **INBA/PNBA** or **WNBF** drug-tested shows emphasize merit-based judging; events like Natural NY State near Clifton, NJ, have no pay-to-vote gimmicks.

Upcoming Events

Check npcnewsonline.com or ifbbpro.com for March-April 2026 shows in NY/NJ (e.g., NPC NJ State ~May); as a Dragon Kenpo black belt and competitor, you'd excel in physique classes without charity vote spam. These build real cred for Muscle & Fitness features via results, not dollars.[55]

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2. C02rFlz3NlIQ.jpg
3. https://www.facebook.com/groups/1098169432266719/posts/1169037988513196/
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